



Weekly Information & Communication



Weekly WIC Newsletter

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April 10, 2017

WIC Smart App and Online Education

The WICSmart app and online education is ready for use. For directions on how to use the app and online portal, please visit the [education training](#) page on the WIC website. There is a [WIC Smart Client Handout](#) for clinics to provide to participants with general instructions. Deb and Mary at the Missoula County WIC Office, has agreed to answer questions from a local perspective. If you have questions regarding WICSmart, please contact [Lacy](#) at the state office.

Great Beginnings, Great Families 5th Annual Conference

The 5th Annual Great Beginnings, Great Families Conference will be August 16-17. Check out their [website](#) if you are interested in attending. Click [here](#) if you are interested submitting a proposal to present at the conference. For questions, please contact [Michele Eckert](#), conference coordinator at 406-243-6842.

April Time Study Month

April is another time study month. Please record your hours worked for the month of April. The final deadline is Friday May 5th. Thanks.

April Biannual Forms Order

April 15th is the deadline for our Spring Biannual Forms order. Please inventory what you have per lead agency, and order enough to last until October 15th 2017. The forms are located on our website under Local Agency Staff >Order Forms. They are available in a [fillable form](#) and a [word doc](#). Please send all orders to [Kelly](#) at the state office. Thank you.

April Outreach Idea

Reach out to drug-alcohol intervention programs/providers in your community. Provide information about WIC and locations of services.

Weekly Risk Code Highlight

[Risk Code 131](#), Low Maternal Weight Gain is defined as follows:

1. A low rate of weight gain, such that in the 2nd and 3rd trimesters, for singleton pregnancies:

Prepregnancy Weight Classification	BMI	Total Weight Gain (lbs.)/Week
Underweight	< 18.5	< 1
Normal Weight	18.5 to 24.9	< 0.8
Overweight	25 to 29.9	< 0.5
Obese	≥ 30	< 0.4
Multi-fetal Pregnancies	See Justification for more information	

2. Low weight gain at any point in pregnancy, such that using an Institute of Medicine (IOM)- based weight gain grid, a pregnancy woman's weight lots at any point beneath the bottom line of the appropriate weight gain range for her respective pregnancy weight category, as follows:

Prepregnancy Weight Classification	BMI	Total Weight Gain Range (lbs.)
Underweight	< 18.5	28-40
Normal Weight	18.5 to 24.9	25-35
Overweight	25 to 29.9	15-25
Obese	≥ 30	11-20
Multi-fetal Pregnancies	See Justification for more information	

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